Wild Satsang

THE ADEPT

REVELATIONS IN MASTERY

VOL. 1

Revelations Required to Master the Human Life Experience

The Adept:

Revelations in Mastery

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Forward

[PICTURE]

The audience fit to hear these words is small. There are many resources available to the average seeker. This book is not for the seeker of knowledge, but for the *practitioner* of "Truth". This book has been created for the way-showers, the shepherds; The Adept among you – *doers* of the work described in the pages to follow. By your *applied* example, all may claim a new reality. The Adept are those whom have sufficient understanding of the True Nature of reality by way of realizing and *demonstrating* who and what they are. This is my only ask – that you lead with your heart, and not with your ego-mind, that you share every gift you gain, inhale and exhale love with every breath, sow compassion in every thought, and with the attunements provided to you in this book, do your part to bring freedom consciousness, loving consciousness, and abundance consciousness to humanity. You all deserve to know that inherent within you is your power to claim into reality, your highest good. The following pages illustrate your Divine birthright – the right to self-*actualization*.

This book was written because…

In an age where the power of your attention is being syphoned from you for commercial purposes, you deserve to know and better utilize the inherent power of Self-actualization (i.e. to manifest your highest good). The menu of options being displayed to you by the mainstream governing bodies of media and politics are pushed toward you – bombarding your perception with only a limited selection from which you are conditioned to choose. These options have been purposely curated to funnel your attention in order to push their self-serving agenda; and thereby rendering your power for Self-actualization impotent.

Everybody deserves the Truth. Everybody deserves to be freed from unnecessary suffering. Everybody deserves freedom. Every conscious individual has potential for greatness if they come to understand the latent creative power of their own consciousness. You have the *right* to occupy your highest desires.

We all occupy a unique perspective within the all-encompassing God-mind.

I know who and what I Am and therefore I also know who and what *YOU* are – and I call you in the following pages to begin to embody your highest knowing.

In the following pages, you will encounter frequent reiteration of concepts posed in different ways. If you recount them on a basis of knowledge alone, they will seem redundant. This method of repetition is not intended to round out your mental understanding. Instead, these concepts circle around your shelled-in concepts of *who* and *what* you are, poking holes in that shell from all angles, until your shell eventually cracks and your True Self becomes exposed to the light of your Awareness - your Ultimate inner knowing. At this point you will understand True Freedom, True Creativity and True Love.

It is with *this* love that these works are being presented.

~Enjoy~

Note from the author:

Truth is, if you would attain Self-realization and see from a True place of pure, unentangled, Awareness, your energetic resonance would become purified to the point of wholeness so complete, that you would essentially become desire-less; for your inner recognition of Self would *be All* and therefore *have All*. At this point, reincarnation becomes optional and you are then able to explore the subtler realms of experience and expression. If complete liberation through Self-realization is what you are after, then move on from this book and read "The Absolute: Enlightenment and Absolute Freedom", also being offered to you for free by Wild Satsang at WildSatsang.org, or in paper-back for purchase. Until that inevitable ripeness of your soul, however, it is helpful to understand and utilize the laws of creation to achieve a desired outcome.

The following passages have been divided into "Sessions" for ease of reference. However, each passage contains the essence of the whole and can be read in any order. This book will achieve its end if you, the earnest practitioner, accept each illustration of Truth into your heart's-knowing as a reflection of your True Self. If, however, this book is assimilated into your mind alone, you run the risk of only strengthening your ego which will serve only to further calcify the illusion you find yourself in currently, and will not bring your world into a greater realization of a higher ideal - much less *True Reality*.

Session 1

The Infinite Nature of Reality

[PICTURE]

All states of being already exist within the infinite, all-encompassing God-mind of True Reality. Technically, you are not creating anything, but rather, shifting into pre-existing states. Infinity, which includes all states of being, already exist. Your work is to find a way to match your vibrational (i.e. emotional) attitude with your desired state. Once matched, physical reality coalesces around you. The process can be likened to when a certain level of humidity occurs within the atmosphere, clouds form. When 100% humidity is reached, rain occurs. Manifestation is based on similarly reliable principals.

You are the root and source of your reality. In fact, you impart your reality, as you understand it, to all that you perceive. As your understanding of who and what you are grows in expanded Awareness, your reality will follow-suit. This teaching encourages you to seek within and find the True and Ultimate nature of who and what you are. If you were directly told the Truth of who and what you are, it would only appear to you in perception. All that appears in perception can only be accepted or

denied on the mental level. However, when you arrive at the same Truths through earnest self-inquiry and seeking within the heart and source of your Ultimate and Absolute nature, the discovery will have transformative effects on your understanding of your Truth beyond what the mind can comprehend. It is by understanding the Truth of who and what you are that will not only give you creative power and freedom, but also the integrity and authenticity to create things for the greatest good of all. To create for the sake of unity and wholeness is to understand your nature and the nature of all who share this plane of existence. This is the highest form of creation.

Man is limited only by his limited wisdom.

Reality is an expression of the universal mind, sometimes referred to as God, infinite intelligence, or spirit, which is itself inconceivable to the human mind except by its outward physical, and sometimes spiritual (or etheric) expression. Remain Aware of this subtle fact, that reality is secondary – and that there is a higher, more ethereal existence which guides the expression and manifestation of all reality. It is in this higher, more ethereal realm that The Adept do their work to gain influence.

The universe, the material world, and the whole of reality as well as its creation, substratum, and its influences are mental in nature. Knowing this, The Adept, by way of the mastery of his own mind, may advance along the path of mastery of these inner and subsequently, "outer worlds"[1].

The human mind cannot grasp the True, Ultimate Nature of the universal mind (i.e. the All, Intelligent Infinity, The Absolute). However, by studying your own mental nature and the power which illuminates and enlivens your own consciousness, you may begin to grasp the mental nature of God, whose very nature you are here to express and experience.

All of creation is vibratory in nature and can be manipulated by The Adept, who, by realizing their own nature achieves a desired frequency internally via mental attunement, and allows outward reality to harmonically resonate to their own state of being. To achieve this

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[1] The Adept recognizes the fact that there are no truly "outer worlds" and that what we refer to as the experience of the "outer world" is really the expression of his own inner world – the *only* world that is ever actually experienced (though perception would attempt to convince you otherwise).

power of influence, one must grasp the concept of polarity. That is, all opposites on the material plane are representations of a single subject, varying only in degree. Rich and poor are polar opposites of varying degrees of abundance. Strong and weak are opposites within the realm of action potentials. Intelligence and ignorance are polarized degrees of mental acuity. The Adept, knowing this, is capable of using the vibratory nature inherent in each pole to magnetize the material subject/object up or down in vibratory frequency in order to effect a change in form on the mental/emotional/material planes. Everything is vibratory in nature and responds predictably to a tuning mechanism. The mind is this tuning mechanism. The heart is the transponder – the power source capable of amplifying a given mental frequency and therefore influence the coalescence of reality.

Focus your attention not upon the physical world, but on the mental laws which govern and create it. By your own mental nature, exercise the laws to gain yet greater understanding and skillful use of these laws as you expand further into the mind of the Absolute.

Reality is mental and vibrational in nature. All subjects are subjective to the perceiver. It is therefore the perceiver that has the power to manipulate a mental

perspective and thereby influence a physical manifestation. All physical phenomenon on the material plane are manifestations of mental creation via the mechanism of mental tuning.

All manifestations may be known by you at infinitely varying degrees of Awareness. All things carry the full potential of their opposites in full vibratory oscillation and may be claimed and brought into your experiential reality through your deliberate claiming of them in a particular expression.

The dust of lifetimes full of fear and desire has settled upon the looking-glass of your mind in your current lifetime to the point where all you can see are memories. All of your actions have become predetermined by your historical conditioning. The dust which you call your experience of the manifest world has clouded, even disrupted, your True seeing in this ever-present, now-moment to the point where all you see is a crude representation, and all you know is biased personal perspective. All you see is ashes; you know nothing of the flame of creation. Find the source of what you see by looking beyond the residue of physical form and into the cause of its creation. All things were birthed in the subtle realms before they were made physical. Your power of influence over the manifest world lies in these

subtle realms – for the human, this is what we call the realm of imagination (i.e. the sculpting tool of consciousness). In the imaginary realms, your likeness to God may be recognized. We have been told that imagination is not real and has no real power of influence. You have been lied to. Herein lies the sum total of your power of creation. Turn all attention to your imagination NOW and you will regain influence over what is to become your experience of reality.

Your thoughts are the field from which your feelings pull your reality into existence.

What thoughts, ideas and emotions are you passively holding in equilibrium? In other words, on any given subject, where is your baseline relationship to that subject being maintained in your field of resonance? Honest inquiry into your passive relationships will bring impurities into the light of your Awareness where they can then be transformed or transcended. This exercise of earnest self-inquiry alone is sufficient enough to purify your movements and deliver you into harmonious existence.

At the Absolute root of our being, we are the same, unattached witness of All perspectives. **Whether it is consciously or unconsciously, we all choose our individual perspectives which in-turn get reflected back to us through the mode of experiential reality. Rather than criticizing the reflection, change your perspective by consciously changing your mental attitude from which you perceive.** Accomplish this by grounding yourself within a preferred ideal on whichever subject you choose. The only thing required for full manifestation is your assertion through your imagination and your gradual grounding of yourself within that preferred ideal through earnest self-belief.

Know your true power as the inexhaustible *source* of all manifestations.

You have no predetermined, prescribed destiny. You are an explorer of infinite consciousness and infinite being. The infinite exists outside of time, and because of your shared nature with the One, infinite presence that pervades all things, there is literally no beginning and no end to the essence of "you". Along your ever-expanding and non-linear path through the infinite states of consciousness, you may choose to experience greater perspectives of Truth. You may also choose to experience more specific, finite perspectives. The choice

of experience is yours and is accomplished through your chosen beliefs of yourself and of those which you prescribe to your world. Your only destiny is that which *you* alone prescribe to yourself. However, it should be recognized that joy, love and fortitude more often accompany the more expansive viewpoints in consciousness, whereas despair, hate, and suffering more often accompany the less expansive, narrow viewpoints in consciousness. As such, The Adept often assumes the goal and destiny of bringing more and more aspects of the infinite into the realms of experience via the knowledge and assumption that *they are One with All* and may therefore *be* and *have* anything they are capable of conceiving within their mental nature.

All versions of reality already exist within the infinite potential of the Absolute. It is merely a matter of one using focused attention in order to attune themselves to whatever version of reality they wish to experience.

People tend to accept only small, incremental changes in their personal lives. This is because people rely on their conditioning and hold tightly to their assumptions. In this way, things evolve slowly. But slow, incremental change is not the rule. To achieve great change, personal conditioning and past assumptions must be set aside. How you have known something in the past must be

wholly dismissed. Delete your history, delete your memory, delete your assumptions and be born again into this NOW-moment. This practice will bypass your previous requirements that mandate a manifestation must take time and instead opens the space for an instant shift in consciousness resulting in a predictably rapid coalescence in physical form.

All things in manifest form have taken shape, been maintained, or evolved through the transformative power of consciousness. The fabric of form and of the whole of reality is far more malleable than you have been led to believe. As you witness something, you tend to claim it as it has been known throughout history. This has resulted in a slow-to-change, stagnant, solidified identity for the thing being witnessed. However, rather than reinforcing history, this teaching encourages you to realign what is known and claimed. Rather than reinforcing previous historical claims, as a conscious co-creator you have the ability to claim everything you see in a new way. Whether we are talking about a hard, physical object as solid as a chair, or something less tangible such as a relationship, you have the ability, power, and birth-right to claim it outside of history and assign a completely new meaning - thereby changing its nature and changing your experience of it. By doing this, you not only change your own, individual perspective, you are actually influencing the vibration and expression of that thing on the entire plane of reality upon which it exists. So, choose your claims, remain steadfast in your

resolution, and watch as the world begins to encounter those subjects in a new way. Your greatest power of influence is in your claim you have made for yourself. Become Aware of all of your personal claims, and realign them to your highest ideal. This act will demonstrate your power of influence, leaving you with no doubt that you are the creator and source of your reality.

Creative energy is most effectively directed by earnest desire through the channel of mental focus by those who have realized the essence of their True nature as already being *One* with the desired outcome.

You alone create your reality. It is true that all sentient beings co-create the world we all share. However, you must acknowledge the vast differences in the quality of life lived across this plane of existence. The differences in life experience is directly related to the differences in conscious-Awareness. Become conscious of your preferred state of consciousness and tune yourself accordingly.

The Adept takes little to no cue or direction from the manifest world. Current reality is “old clay” – where the

substance of infinite, unborn imagination is always fresh and effortlessly malleable. Imagination is the "new clay" from which the emotive power within you, molds its reality.

The value of anything you encounter in your life experience, including your experience of life itself, is determined by the value you give it. You are the value-giver. You decide what is important and worthy enough to occupy space within your life by assigning it energy via your attention and attitude toward the subject. Your experience of life will reflect your assigned values. Be mindful of where your attention goes and what values you are assigning – for what you bless, blesses you; and what you damn, damns you. This is not a punishment or reward-based system. This is physics.

Why agree to limitation when the imagination is limitless? Only you have the power to limit yourself – and you do so daily through your lack of faith in yourself. Be reborn into limitless possibility by your own free will by asserting command over the tuning-tool of your mind.

The universe is mental. The creation of things is initiated on the mental plane – conscious, subconscious, and superconscious.

There is only One consciousness within which, all things occur; including *you*. All things (i.e. condensed representations of concepts) within this all-encompassing conscious field (i.e. God) that exist, and will ever exist, do so in perpetuity. Consciousness is not the creator, but the infinite field of existence *from* which, coalesced nodes of consciousness (i.e. you) attract and repel matter and ideas *within* the field of singularity. When we use the term "creation", we are referring to the formation of something into existence within YOUR field of view. For in Truth, that thing has always and will always exist within the infinite field of consciousness. Whether the thing exist in YOUR experience is the only factor left to be determined.

For a radical shift in your reality to occur, throw out all of your past conditioning that you have accumulated throughout your life. Forgive all others as well as yourself and start anew. View your world through new eyes. Label nothing, name nothing, and apply no pre-conceived meanings or expectations. This way, your world can realign to a new accord rather than meeting you as an accumulation of past history and conditioning. Exchange

what is known for what is new and fresh. To be new and fresh is to be purely present as unadulterated Awareness in each new moment.

The Ultimate *substance* of matter is consciousness.

The Adept spends little time in the mental state of desire, for they know that once their desire is concisely formed in their mind, the usefulness of the desirous state is complete. To *maintain* the state of desire is to become attuned to the recognition that the fulfillment is not yet accomplished. The *fulfillment* of desire is not a match to the state of desire; therefore, The Adept discards this state quickly and moves into *the state of the desire fulfilled* – which is a magnetic match to the fulfillment in form.

Your state of consciousness anchors you in your present reality. All progression and accomplishments are attributed to the release of one conscious state and the move into another.

The Adept knows that their work is entirely within the realm of consciousness. When the fulfillment of the desire is achieved within consciousness, the inspiration and the energy of will to act will work their way through the body-mind-environment nexus to bring to fruition fulfillment into form.

The Adept transmutes states of consciousness in stepwise fashion. The Adept knows desire is birthed *within* consciousness, and *so too is the recognition of its fulfillment*. Therefore, The Adept elevate their mental focus from the state of desire and move their attention into the state of present fulfillment. A good indicator as to whether this movement has been successfully achieved is to ascertain whether the attainment is believable (i.e. in coherent resonance). The fulfillment must be believable to the consciousness *within* which it was birthed if it is ever to come to fruition. **Effective creation is accomplished by the incremental expansion of conceivability.**

If there is any condition you are living with that you wish to change, first acknowledge that there must be some part of either your conscious or subconscious mind that is in vibrational accord with it. By doing so, you draw the

subject out of the depths of your conscious and subconscious mind and into the light of your full Awareness where the unwanted condition is met with your full attention and presence, and consciously transcended via the redirection of your energetic sponsorship toward its intentionally cultivated opposite.

The Adept tends to polarizations of their mind before the ideas condense and manifest in the physical world of experience and expression. It is upon the mental playing field that all things may be encountered in their still-subtle forms where they are more easily molded into more desirable representations. It is the difference between a sculptor forming an object with still-wet clay or waiting to try to form an object with already hardened clay. It is far easier to manipulate form when the clay is wet (i.e. still in the womb of the mind, before it hardens into tangible form).

The fulfillment of your desire *belongs* to the conscious state that *already OWNS* it. Therefore, you must *OWN the state of consciousness to* which the fulfillment *belongs*. This is your work.

Often, when people hear the truth behind this consciousness-based reality, and are taught the methods of self-actualization via the creative power of consciousness, they attempt to actualize something very large and become fixated on it. Whether it is a large sum of money, an enormous house, an expensive car, or an extraordinarily attractive partner, **their goal typically represents something that their subconscious believes could never happen for them – so it doesn't. Therefore, it is usually more effective to focus on incremental change rather than a complete overhaul.** It is advisable to recognize how the other natural laws that govern your realm of experience operate and note that, for the most part, seasons, tides, the experience of time, your movement through space, etc. all occur in a more gradual manner. The laws of creation in your current dimension of experience occur in the same gradual manner. Honor this natural rhythm of creation upon your dimension and create via your conscious beliefs and "I Am" assertions in incremental steps towards your ideal. Consciousness is infinite and your creative potential is limitless, however, The Adept recognizes the plane of existence within which the summon the intelligence of the infinite-Awareness, and honor its natural pace upon each experiential dimension.

The experience of life is an ever-blossoming reflection of your intricately faceted consciousness.

The purpose of your imagination is to define what you would like to experience and to insert yourself within the feeling-place of it. This is the correct and effective use of imagination. The imagination is the steering wheel of the soul-vessel. Your existence on earth is the training ground for your ability to master the power of imagination. When you use imagination in a deliberate and focused manner, you begin to realize your power within creation to bring about a desired experience. No experience is off-limits to you. You are bound only by what you are able to imagine, believe, and assume into existence. The graduate of this dimensional training ground is The Adept.

An assumption held persistently will begin to seep into your subconscious. It is a combination of your conscious and subconscious states that dictate your experience of life and the events and circumstances that come to you.

Your body-mind is a tuning mechanism. Know yourself as the consciousness that is responsible for tuning these mechanisms to your desired state. Disregard your previous assumptions and be reborn in consciousness.

The subconscious is the background of your conscious state. It is the soil from which your thoughts, ideas, and identity take root and grow in proportion to your attention to them. Your subconscious holds your experience of reality within the parameters of your most consistently-held set of beliefs. This is why your reality can seem slow to respond to your newly assumed states of consciousness. You all hold to past beliefs which can act like anchors that seem to hold you back when attempting to shift into a new conscious state. Each individual's anchors are only as heavy as the amount of energy (i.e. though attention) that had been lent by you to a previous idea. This explains why some can achieve success rather quickly, and why some seem to be stuck in place. For those who feel "stuck", this is where persistence becomes important. By consistently affirming that your new ideal is already reality, you begin to shift the parameters of the subconscious. This is the means by which your experience of reality will begin to shift. The time necessary for the full and complete realization (i.e. manifestation) of a new idea is the time it takes for you to shift the parameters of your subconscious to include this new reality. For this reason, The Adept rarely drops anchors of any weight. The Adept holds concepts only loosely and may therefore shift through the infinite versions of reality rather quickly via conscious attunements in belief.

Use your imagination *not to attract* a desired manifestation, but rather *to attune* your conscious state to that of its fulfillment. Your job is to tune yourself (like the tuning of a piano chord) to the conscious embodiment of your desire already being complete and already yours. Your job is simple: attunement. The delivery of a sympathetic match in reality is the work of the universe and its automatic natural laws (i.e. the laws of physics).

Reality is a mental construct. Therefore, by mastering your own mental nature via your conscious attunements in your daily thought patterns, you gain the power to actualize your vision. This is your power and prerogative to summon into reality, your highest vision for yourself and for the world.

For all those for whom you wish better life conditions and circumstances, hold your idea of them in the regard in which you wish to see them. For the sick, hold the idea of them in perfect health. For the poor, hold the idea of them as prosperous. For the sad, depressed, and lonely, hold the idea of them as being happy and fulfilled. Unbeknownst to them, your silent and sustained idea of them will lift them towards your loving ideal. This is how each one of you is capable of lifting and healing the world to bring about a new paradigm.

Know that everything in life comes and goes in its own time. Everything in the natural world seeks equilibrium. Harmony is equilibrium in motion. The human being is part of the natural world and therefore experiences the seasonality of cycles. Consciousness too, is part of nature and is also susceptible to its inherent rhythms. The Adept is one who observes these rhythms and uses them to their advantage through the recognition of an even subtler Truth – that consciousness is fundamental to the experience of all things. Moreover, it is through this point of entry through which the Adept gains influence over their experiences of natural expression. After all, what is life if not simply another experience?

When you arrive at full trust and confidence that your heart will always make the wise choice, and you have become devoted to following your own heart's wisdom, you no longer stress about the future. In this act, all energy and vitality return to you and you become potent, effective, and influential in all your endeavors. Charisma is the fragrance of one who has found and become devoted to their sense of inherent, internal Truth.

Your imagination is the gateway between your current state of consciousness and that of infinite consciousness. Your imagination is a tool for expansion. Your imagination is the door through which all form and expression move from the ethereal into the physical.

Creation is complete because consciousness is complete. Consciousness is complete because consciousness is the manifestation of God in form. Yes, consciousness is form relative to the Absoluteness of God's True nature *as* existence, itself. Because creation is complete, nothing new is ever created by you. You are only ever bringing new realizations into form that more completely represent this underlying understanding via your state of consciousness.

You only ever call portions of creation to you through your most regularly occupied states of consciousness on each subject you encounter within the infinite consciousness.

All that you project as judgement upon another, you unknowingly are projecting upon yourself. A lot of suffering, misunderstanding, and criticism that you

experience is due to the projections of judgement that you cast upon others. It does not matter if you believe it to be justified or "true". All that matters is that you understand this fact – **all projections you cast outward will return you in some form or another.** This is not because of some sort of spiritual punishment, but rather because all those you perceive as "other" are in Truth, aspects of the One – of which you too are a living extension. **Know this fully – that when you forgive others, you are forgiven and when you forgive yourself, you find freedom.** These are simple laws that must be understood if you are to know God and know thyself.

You can never gain or lose anything except through your adoption or deviation from the state of consciousness within which a thing has its natural existence. Prosperity, for example, can only express its nature within one whom has adopted the state of consciousness of prosperity. Similarly, those whom have divorced themselves from all concepts and feelings of hate, cannot encounter a hateful reflection. The Adept focuses all attention on their state of consciousness and takes no ques from outer circumstances. In this way, an outer circumstance may change more rapidly to reflect an ideal held unopposed in their state of consciousness.

Consciousness itself is the molding clay for the mind of the Adept.

All things encountered have arisen from within and now greet only the Awareness of them.

To look upon the world of manifest form is to look upon the shadow of consciousness. Look to consciousness as the true form (i.e. primary existence) and you will find all meaning and reason for the form and behavior of all things.

Your consciousness is currently occupying a cellular structure that responds to every thought, word, and belief you speak and hold.

Infinite intelligence (i.e. God/pure presence-existence) is attribute-less. All events and circumstances arrive in your field of Awareness from this all-pervading field of intelligent infinity and take on the attributes you assign based on your pre-conceived relationship to the event or

circumstance. We call this action potential "intelligent: because once it has been called forth into consciousness, it holds record of the nature with which it was conceived, and builds upon itself as if it were sentient, until it is recognized by you – at which point you take the reins. This is the course all creation takes from the field of the Absolute to the manifest world of experience and expression. Stemming from the infinite, your potential for creation is infinite. You are infinite, as is the nature of All.

In order to transcend a current condition, you must fully accept the current condition by observing it in Truth. That condition is thereby "surrendered" – given unto God and therefore transcended. The previous condition then becomes transmuted in accord to your new vibrational nature absent of that former identification. This is the process of conscious evolution.

Contentment and discontent are results of where you choose to place your attention in any given moment. Satisfaction in life is therefore determined by you alone. It is by choosing satisfaction and conjuring the feeling of contentment that draws to us all things that aim to please us. You are the centered source within which attainment and accomplishment become realized.

All things must first be accepted before they can be transcended. Gaze upon the things you wish to change with earnest neutrality. Accept that this thing has entered your experience via your own attunement to it. It does not matter whether this was a conscious creation or a subconscious one, or whether the seed was planted in this life or a previous one. Accept that it is your creation. By taking ownership of it, we gain mastery over it, thereby gain the power to change it. While in neutral communion with the subject matter, consciously choose a new choice and ground it within your field of Awareness via your assertion that it is so, it is done, and it is good. This is the process of transcendence and transmutation.

Your individual, personal mind is the conduit through which the impersonal, infinite intelligence (i.e. universal mind, God, etc.) flows and expresses. The expression which flows through you will be representative of the nature and direction of the conduit which you have laid. Organize your mind in the direction of opulence, for example, and this impersonal power will flow through you to reflect opulence in the nature and form which you have constructed for yourself.

You are an expression of the formless, infinite Awareness. You are what gives form to the formless. You are a channel, a conduit through which God becomes known by God through the experience of Self. But you are not a predetermined, preset conduit. You are the chooser – the tuning dial – and the receiver. You choose what it is that is expressed through you, and therefore you choose what you experience in and as life. You are a node within infinite consciousness. The different densities of experiential realms account for the pace in which your self-tuning may actualize. If you started off in the realms of instant manifestation, you would never gain any knowledge of Self – for things would change too quickly and your nature would be non-discernable. Instead, as a node of consciousness is brought to form, it starts off in a density that allows for slow actualization, thereby allowing that individual to slowly form concepts of self and build from there. Slowly, each individual works its way through the densities of learning and self-knowledge towards infinite intelligence (i.e. God, the Absolute).

There is no lack within you. You need do nothing. “Need” is a byproduct of a feeling of lack. Because there is no lack in the totality of your being, you are wholly and forever free – bound only by your concepts of Self.

The Adept knows that every encounter and experience is self-drawn. They take full responsibility for every aspect of their surroundings – for in some way, they have called unto them every single thing that enters their Awareness – no exceptions. It is through this relationship with all things in their existence that they exercise their deliberate mastery and gain influence over all that comes their way.

In each given moment, the doorway through which experiential reality enters your Awareness is yours to manage. You alone choose who and what may walk through that door and take up residence in your house. The Adept cleans house regularly by constantly refining their chosen perspectives and beliefs.

The giver and the receiver are One. All things that come to you are given to you *by you*. No matter the avenue it may take to enter into your life, it has been granted through your allowance and acceptance of mental and emotional states that the thing represents. There is never an external "giver".

The Adept acknowledges all that they encounter is a result of their own attunements in consciousness. It is

upon full acceptance of responsibility that the Adept retain full power to retune and create anew. It is by accepting only that which you approve of as *your creation* and rejecting all that you don't approve of as *someone else's creation* that the illusion of separation and the diminishment of creative power and influence are simultaneously forfeited.

When you finally realize your True relationship to All, you become All-powerful. There is no danger of corruption in this realization because the relationship that is realized is one of unity. You finally realize that *All is you body*. As such, there is no separation, no distance, no "you" and "other". Inherent within this realization is unconditional love, respect, and appropriate relationship.

You only ever experience your state of consciousness.

Session 2

Concept of Self

[PICTURE]

You will read variations of the fact that "your life experiences are a direct reflection of the concepts you hold about yourself" throughout this session. You could skip years of ineffective thinking if you would acknowledge this fact with every encounter – good, bad or indifferent. No matter what your significant other, parents, friends, strangers or life events report back to you, know that in every instance, they are only conduits extending from the One source of all expression, showing you either conscious, or subconscious beliefs you have of yourself. Therefore, without labeling them bad or good, welcome all you encounter as a personal message sent to you, direct from God and try to learn what it has to teach you about your concept of self. Each of these encounters are opportunities to observe and shed a limiting belief and replace it with one that is more in alignment with the qualities of your True and Ultimate nature. Qualities that exist outside of space and outside of time are indicative of this nature. Examples of this are: limitless freedom, boundless joy, unconditional love, and the recognition of infinitude in all things.

Your assumption of a body is for the purpose of enjoying the world through a set of senses. Unfortunately, many of you have become so entranced by sensory input and its associated impressions in your emotional body that you forgot who and what you are without any body at all. If you want to transcend this limited perspective and experience, then you must come into proximity of Self-realization. If you want alchemical transmutation and the transformation of your life experience, seek the vibrational nature that results in the condensation of what you know as life, reality, and the physical world.

Everything you ever encounter is a reflection of an aspect of your concept of Self. To change anything, start there – for it is the source of your being and therefore is the source of your experience.

Knowing yourself beyond all appearances, you become capable of claiming any perspective. You may experience any reflection you desire through the effective use of imagination and power of will. You need nothing outside of yourself. Your mind and body are the canvas of the infinite. You are the infinite; therefore, paint with intentional imagination.

The concepts you hold determine what portions of infinity you come into contact with via your life experience.

Selfishness and greed restrict, limit, and confine. Selflessness liberates. What you afford to others, you give unto yourself. Herein lies a great strategy for creation – treat others how you wish to be treated; tune the assumptions you hold about others to those you wish to hold about yourself. Sometimes people find it easier to project outwardly rather than inwardly. Truthfully, the process and results are the same.

As I allow all other beings to do as they wish, I claim my own freedom. As I give endlessly of myself and my gifts, I claim my own limitless source of abundance, prosperity and charity.

You suffer from only your ideas you have of yourself that are out of alignment with the actual, Ultimate Truth of your being.

Everything in the manifest world yields to your knowing of it; not your mental knowing, but to your embodiment of underlying assumptions. You can change your knowing to exist at any level of vibration you wish through the attunement of your embodiment. How? Through your own conscious conditioning of yourself. **Conditioning only requires repetition up to the point of inherent assumption.** Similar to the process of physically tuning the body to its peak performance via exercise – Repetition is required to achieve the desired state. **The Adept are those who have done this work and now require only slight attunements to maintain mastery.**

Your present-being exists within a field of vibration. **All expressions of form that you encounter are reflections unique to your field of operation.** The key is to know that you can shift "up or down" in frequency and thus encounter a higher or lower octave, each entailing a different suit of expressions in form. **Form and field are reflections of each other.**

The consciousness that you are has been given the gift of free will. You, as consciousness, may claim any field of resonance you desire to explore. To begin this adventure, embody a claim and know that everything that

appears before you is a reflection of what you claim to be true on all subjects that reside in your conscious and subconscious states.

Condense your desire into a five-second video clip in your mind. This short film should incorporate all five senses – taste, touch, sight, sound and smell with you in the center of it all, looking through your eyes at the sensory image of the fulfillment of your desire. This video doesn't need to be in the exact moment of the fulfillment. Rather, **imagine a time in your life when the fulfillment of the desire has already occurred and normalized into your daily routine.** Now, where are you? What does it *feel like* now that your desire has now normalized within your life? For example, visualize yourself eating or drinking something delicious, taking in a deep breath through the olfactory system, looking out at your visualized surroundings, and giving gratitude for your present [visualized] circumstance.

Meditation brings the subconscious influences in your life forward into your conscious purview so that you may become aware of past claims and choose to redirect them toward a higher ideal.

Become aware of those things that have been claimed for you on your behalf by the rest of society via societal conditioning and unconscious repetition. Lift yourself above the limitations that have been prescribed to you. Release all that has been controlling you. Drop every self-limiting idea that has attached itself to you and narrowed your perspective. Be born anew and claim a higher truth. This is your birthright.

Your field of resonance calls your entire life to you. Shift your field and the reflection you know as your life experience will shift in vibrational and experiential accord.

If you wish, embody the following claim: Limitless is my nature; therefore, abundance is my expression. Unbound is my nature; therefore, freedom is my expression. Complete, whole and pure is my nature; therefore, love is my expression

Your energetic, or vibratory field resonates to the frequency of your claims. Your claims are like seeds you plant. Eventually they will sprout and be your lived experience. You experience your life as you have claimed

it – knowingly or not and intentionally or not. Be conscious of your claims, as claims become assumptions – thoughts become things. Choose them intentionally. If you encounter something in your life that displeases you, make a new claim on that subject. This is how you intentionally create your life. **It is your divine birthright to create yourself as you wish to be. It is important that you learn the methods.** Now that you have read these words, you may never again claim ignorance. Your claims began long before you were born into your current life experience. You will continue to experience the results of claims made long ago. This time around, you have been given the gift of awareness. As you are made aware of the results of your past claims, you are afforded the opportunity to make new claims and change old ones. Go forth and create anew.

View your life as an infinite field of possibilities. For a wealthy person, the possibilities that they encounter in their daily life (i.e. their "field") differ significantly from a person of poor or average income. The degree of manifested wealth as well as the possibilities they each encounter is entirely attributed to their conscious or subconsciously influenced field of resonance. **In order to shift your field, deliberately shift your claims.** If you do not understand why you are operating within the field of resonance that you are seeing reflected back to you through the manifest world, turn your awareness to your subconscious claims. This can be done through

methods of self-inquiry, meditation, hypnosis, or any other means of psycho-analysis.

You cannot ignore your claims. You will encounter them time and time again in your daily life. Become aware of the underlying thoughts, ideas, and beliefs that have sprouted their way into your life experience. All claims must be brought to the surface of your awareness and be dealt with. You can transcend their effects through total acceptance (the path of Self-realization) or you can choose proclaim a new way of being and encounter a different experience (the path of Self-actualization).

You are in a constant state of creation. To know this is to take ownership for your output. At this point, it becomes your sole responsibility to manipulate your emotional attitudes on every subject you encounter in your mind and thus become the captain of your vibratory vessel. In-so-doing you gain command over the types of experiences you encounter. To create on a conscious level, you must actively manage your state of consciousness until your preferred state becomes your most natural state. Creation will begin to meet you at the new level of consciousness you have attained and embodied. For example, the one who is Self-satisfied will be met by a world that seeks to satisfy. Discontent does not distance you from an undesirable experience;

rather, it attracts more experiences of discontent. It is often effective to make general claims in the positive direction. For example, the claim: "I feel really good", when embodied, will bring about general health and well-being. Generalizations are effective because they are a "wide funnel" and usually less limiting in the ways in which positive states and scenarios may flow into your experience than the more "narrow funnel" often associated with a more precise claim.

In general, the creation of specific outcomes is not a very worthwhile pursuit. It can be done, but it only reinforces your dependence on a preferred outcome in order for you to be happy. This puts into motion a seemingly endless cycle of triumph and failure based on how adept you've become in mental focus and tuned emotion. Instead of focusing on a preferred outcome, focus on the level of consciousness you are creating from. In this way, you will come to understand the importance of the creator and the relative unimportance of the created. As your Awareness of yourself as the creator expands, then you may begin to refine your focus, thereby tuning your emotions in such a way that your life becomes a perfect unfolding of experiences and events that are in balanced accord with your intentionally cultivated state of conscious-Awareness.

Conditions are agreements. Manage the conditions that bind you by aligning your agreements with your ideals.

When you choose love, love finds you. When you choose prosperity, prosperity finds you. When you choose freedom, freedom finds you. The world reflects your chosen state of consciousness; no exceptions.

Visualizations are mental attunements. Focus on the inward tuning of your heart to be in accord with the vibratory nature of your truest desires. The tuning of the heart is the actualization of the potential that was created in the mind. Where mind supplies the focus, the heart supplies the power of causation.

You know you have achieved a vibrational match to your desires when you feel as if they are already fulfilled and you have achieved contentment within your vibrational attainment. At this point, there is no more tuning needed. The work is complete. Continue your daily life living "as-if", and the reflection of your life will accommodate in natural order.

The root of all of your problems is in your misidentification of who and what you are. It does not matter how you got there. All that matters is that you are Aware of your misalignments now; and now is the timeless present within which they must be corrected, balanced, and harmonized with your desired state.

Thoughts are like piano keys. Play the notes of the songs you wish to experience and express.

Blend your knowledge of Oneness with your creative process. Become Adept at this and you will find your potential for creation to be limitless.

Do not protect or hide any aspect of yourself from either your own Awareness or the Awareness of others. To claim your freedom in form, you must be fully open, fully unafraid.

Your energetic investments (i.e. beliefs) in "yesterday's" version of you are what prohibit you from expanding into and realizing your higher ideals. To shift into who you wish to be, you must begin to let go of your hold on your past identities, characteristics, and person-traits. Do this by admitting with sincerity that "I have aligned myself with external identities that felt true and right at the time, but now I know that by self-identifying with the external word, I have become unfamiliar with my inner nature – where the whole of my creative power lies. The realization and embodiment of my True nature is not something I must become, but rather release into."

As long as you see the fulfillment of your desires as a separate, external event to take place at some point in the future, you will never find True happiness, much less the fulfillment of your desires. In imagining the goal or object as separate from you *now*, you create discord and disharmony within yourself. In order to create effectively, you must see yourself as One with the end-game *now*. Feel as if it already was. In seeing the goal or object as already being within you, you are creating from a place of wholeness – which is the Truth of your nature; whole, complete, and lacking nothing. From a place of content wholeness, we regain our ability to create experiences that allow us to explore the depths of our nature on the material plane.

Firmly established co-resonance with the fulfillment of your desire must be followed by the materialized experience of the fulfillment. It is a physical law as predictable as gravity. The only uncertainty is in the consciousness of the individual. Consciousness is a subjective experience and although one may think they have achieved co-resonance with the fulfillment of a desire, it is only confirmable once the physical manifestation is realized. To date, there are no mechanisms for measuring the mental output and matching that with a specific manifestation. This is because each manifestation represents something slightly different to each individual, and therefore, co-resonance between the subject-object (i.e. consciousness-manifestation) will vary. The Adept are those who have found, within their own consciousness, reliable and repeatable methods for creating an internal field of resonance which will produce a predictable result.

Co-resonance with the fulfillment of your desire is accomplished by entering the *here and now embodiment* of the end-game.

Just as light is emitted by a source point and becomes more and more distorted and dull the further away from the source-point it goes, so too does the “light” of the

Absolute become distorted as it "extends" into the manifest-world. At the core of everything on the tactile, material plane is the source point shining through infinite gradients from the Absolute to the gross physical plane. Most people are unaware of the Absolute source point in all things, including *them*, because it cannot be interpreted by the senses available to them on the gross physical plane. However, those who do come to find the Absolute source within existence via the discovery of their own True, fundamental nature (i.e. Self-realization), become capable of tapping into intelligent infinity. This is the energy that creates all things in all planes of existence – from the Absolute to the physical. The Adept are those who have found this source within and become a pure channel through which this energy may be directed toward desired outcomes.

All potentialities exist simultaneously. It is up to the tuning mechanism of the mind to dictate its desired state and then await the matching reality.

The integrated understanding of the inherent Divinity of all things on the material plane is the catalyst to enlightenment, empowerment, and Self-realization.

Extend the qualities you wish to experience to everyone you encounter. If you wish to experience a loving relationship – consciously inject love into your current relationships. If you wish to experience freedom – see everyone before you as inherently free, and release them of any obligation to you personally that would limit their own freedom. If you wish to become wealthy, happy, healthy – consciously claim those qualities on the behalf of everyone you meet. **This is a demonstration of unity, and inherent within the demonstration is the energetic quality of wholeness. The power of God lies in unity and wholeness – for God is forever undivided.**

The Adept project an intentional emotional attitude toward all subjects they wish to encounter. The Adept understand that once this emotional attitude becomes their baseline output on a given subject, that their work is complete. They spend no further energy in attempting to manipulate the ways in which the manifestation may come into their experience. They recognize the delivery of the manifestation to be the work of intelligent infinity. Your role as a creator is simply to attune your mental output and give the rest to God. Faith in this process is only necessary in the beginning. The Adept have converted faith to knowing.

Your state of consciousness is the cause; your experience of reality is the effect. This is always True.

The Adept are those who have elevated their mental plane of operation such that they gain control over their moods and inner character. The Adept is consciously established with mental firmness and poise within their preferred character qualities and needs no external confirmation to maintain this footing – they have decided for themselves their nature and abide therein. Thereby, the Adept has become established within a preferred character identity and no longer seeks the outer world for confirmation or reassurance of inner value or external worth.

To the Adept, there is no such thing as a chance occurrence because they know themselves to be One with the cause and are familiar with its effect.

As conscious beings, we have thoughts that arise within us. But as they arise, who are they occurring to? Thoughts are mental translations of states of vibration that flow through you. They have no power until belief is given to them. Who is the giver or not-giver of this

power? Who has the ability to energize a thought and thereby embody a like-vibration, calling to them similar vibrations and effects? Who do all these moments in consciousness report to? Clearly, they report to you. But void of all reports, as what do you remain? From where does the power of observation arise? What is the nature of the *source* of reality? Awareness itself is the source of reality. Pure Awareness, void of any attachments or identifications, is alone whole and complete. This is the source of all power - Awareness of the One Self, to whom the whole of consciousness reports, and who yet remains undivided.

Looking through the billions of minds of man is like looking through a prism. To look only forward is to view the fractal - a partial picture; but to look behind the prism is to glimpse the True light that exists before division - before entering the prism. Find this source-light within you and not only will you find the One creator, of which we are made, but you will also find the True Self. The True Self is this source-light. This source-light, when brought forward without division is referred to as Christ-consciousness.

Reality is mental in substance and vibrational in nature. All subjects are subjective to you - the perceiver. All physical phenomenon on the material plane are

manifestations of the mental one. All manifestations may be known by you at infinitely varying degrees of Awareness; all things carry the full potential of their opposites in full vibratory oscillation. It would behoove you to choose which version of each subject you wish to experience, and attain vibrational (i.e. mental) accord with that ideal.

Every night, for one week, fall asleep as if your desires *are* your *current* reality. In your dark room, for two minutes each night, imagine falling asleep inside your preferred reality. At the end of the two minutes, give thanks for the presence of this reality and then drift off. This practice will condition your subconscious and gradually stabilize this reality within your embodiment as you sleep.

The natural world ebbs and flows – high tide to low, day to night, etc. in a predictable and measurably cyclical rhythm. The Adept, however, masters this sway through intentional polarization of his/her mental construct. Polarization is simply the attunement toward a particular belief that is unlike the status quo. This can, and should, be accomplished on every subject upon which the practitioner wishes to gain influence. An example of this would be to attune to a belief such as “I am excessively wealthy and therefore I support all those in need” or “I

love freely and therefore receive love from all"[2]. A specific vibration is attained through practiced attunement (such as those examples illustrated above) until it has become normalized as an automatic assumption in the consciousness and subconsciousness of the practitioner. The center-point from which the pendulum of natural expression revolves around has thus shifted; the embodiment changed, and the experience of reality will respond in kind. It is the law of vibration (aka, the law of assumption or the law of attraction) – the greatest tool of the Adept.

The axiom, "As above, so below", describes the law of cause and effect. Where "above" describes the subtle planes of consciousness and the power that animates it. "Below" describes the resulting, manifest, material worlds of physical reality. Reality extends far beyond the physical planes of existence.

Remain faithful to your imaginings and they will harden into tangible reality – it is law.

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[2] It is the author's recommendation to make all polarizations altruistic. The people of earth whom have become successful in such polarizations often become unhappy due to greed. Greed is mankind's biggest spiritual obstacle.

As you claim a food as bad, you will receive the residual effect, or echo of your claim in manifest encounter as an ill effect upon your body. The opposite is also true. Be mindful of your daily claims and align them to your highest ideals. This is what The Adept call "attunements" – their conscious claims. This is the daily process of deliberate creation and it is to be used in every facet of life – from your consumed meals and liquids to your highest goals for this incarnation. Claim the Truth – Claim the Divine in every form and you will receive the residual effect, or echo of your claim on the material plane.

Everybody's perceived experience is called into being through their personal claims they hold of themselves. The power/electricity that coalesces into manifest form comes from the original source (the Absolute Self) that remains unchanged, unmoved, still, and forever whole.

Experience comes into being through claims and permission on many levels of one's being – from the individual personality to the soul's intent and yet higher. Gain familiarity with your subtle levels of being and you

will be working with the “higher” states which govern the “lower”[3].

Whenever you are in a state of mind, you are also partaking in the nature of that state. The Adept recognizes that the manifestations within each state are automatic and predictable. The Adept then, chooses the state in which they wish to reside and are therefore able to predict the experiential nature they will encounter within that spectrum of reality.

Everything is just an idea. Reality is the expression of those ideas.

What you think of as matter in solid form isn’t solid, nor is it static. Everything that exists is pure energy vibrating at a specific rate of frequency. This understanding is necessary if you are to become proficient in manipulating these vibrations through the conscious shifting of your own vibratory nature. This is accomplished through

[3] In Truth, there are no “higher” or “lower” states; all states are One. However, just as the moon directs the tides, consciousness directs your lived reality.

mental attunement and can be thought of as tuning the vibrational frequency of one's conscious receiver (i.e. your body-mind complex).

Your embodiment is electric in nature.

All space is pervaded by an energy that is creative in its nature. This "creative energy" is orchestrated by consciousness. You have full access to the power of this consciousness through modes of the mind. Your creative potential is limited only by your imagination and applied belief.

The physical, mental, spiritual, and Absolute planes of existence are but ascending (i.e. expanding) degrees of realization of Truth, where the latter entirely encompasses and pervades the former and the Absolute (i.e. God) encompasses and pervades all planes. As such, all that is included in the grosser planes of existence emanates from the same source and is governed by the non-physical laws which likewise emanate from the yet subtler planes of existence. The Adept may utilize the "higher" laws to gain influence over

the “lower” material, mental, and even spiritual planes of existence.

To become a proficient creator, you must learn to concentrate your mental capacities. Do not allow your creative power to become weakened and dissipate through undesirable channels of distraction. Frivolous distractions are your only limitations; they are the only forces that can weaken your creative potential. Distractions are parasitic to your creative nature. Treat the world as a mental proving ground in which you hone and strengthen your power of concentration. This is the work of The Adept.

The key to the magic of prayer is to become mentally and emotionally focused *within the sense of fulfillment* of the desire and not to view it as a separate reality. Pray *from* that place of fulfillment. A prayer is a feeling, not a request. Gratitude, for example, is one of the highest prayers. With every prayer you pray on every subject, allow gratitude to be the foundation upon which the prayer is composed. It is the emotional vibration of gratitude that connects the answer to the request. By emotionally attuning yourself to the desired result via gratitude, you have accomplished an effective prayer.

The universe with which you interact is made up entirely of conscious energy. Interact with it as such. The universe, itself, is sentient.

You are a living, breathing bundle of concepts. Become conscious of which concepts you are currently holding on to by looking at your inner and outer circumstances with earnest eyes. Then, decide which concepts you wish to live within and hold them within the center of your being until these new concepts stabilize within you. You will know you have been successful in this endeavor when your natural assumptions about yourself and your life match what you want to be true.

Both dreams and reality require your mental energy (i.e. imagination) in order to be registered as experiential. Imagination, then, is the link between illusion and reality. Your imagination is your own, and you can imagine anything you wish. Imagination is the focusing mechanism by which you create your reality.

Every time your attention leaves from its eternally peaceful center, be mindful of where it is going. Better yet, train your power of attention to go only where you want to. Your attention is the building block of everything you see. Build only what you wish. The Adept know the power of attention and recognize the added potency of applying it in strictly deliberate means. The greatest leaching of your power of attention, and therefore your power to deliberately create, is via social programming (television, social platforms, etc.).

Consciousness is the fundamental cause. What you perceive of as *your* consciousness is the single cause of everything you see and experience. It is this way for every living being. If you exist, you have this power.

Everything down to the single units of energy has some degree of desire and will. At the atomic and molecular levels, we call this affinity, non-affinity, attraction and repulsion. At the human-level of consciousness we call this emotion and feeling - love and hate. Can you imagine the breadth of sensation and sentiment available to those whom you revere as gods? At some point along your continuous ascension into greater wholeness, you will experience these higher states for yourself. All experiences of consciousness are the same in their

likeness, but different only in their degree of expanded Awareness.

Matter and energy are modes of vibratory motion. Your mind is likewise a mode of vibratory motion and acts as a radio dial, tuning your mental state to various vibratory channels or planes of existence which then receives a matching frequency – a matching experience in vibrational accord via co-resonance.

Visualization coupled with gratitude is enough to actualize every wish you have. This is the act of planting the seed. Once the seed is planted, you need not do anything more. When the season is right, your energetic investment will sprout on its own. When the season is right, this investment will bear fruit and actualize within your life experience as solid, tangible fact.

What is not limited by space or time? Focus your attention and practice becoming familiar with these subtler planes and you will find your power of influence.

Whenever you eat or drink, invite the substance into the realization of its inherent inclusion within the Truth of One. **All that is, is the *substance* of God**. In this way, your body is nourished by the Truth of wholeness. **What you bless, blesses you; and what you damn, damns you.** Therefore, it is wise to bless all that you come into contact with – and especially all those things you invite into your body and mind.

You are what you assume yourself to be. Life meets you at your assumptions. To change your experience of life, change your assumptions about yourself and about your life. Your assumptions mold your experience of reality.

If you could free yourself completely of just a few of your self-limiting beliefs, you would be well on your way toward becoming what most would consider supernatural. The problem is most people claim the same limitations that they see everyone else around them claiming. Stop limiting yourself. Be the model of one who has realized and claimed an embodiment of a higher ideal, rather than lazily accepting all that you currently see around you. By other's experience of you, they too may come to embrace a higher potential. Be the way-

shower in your community by shifting your conscious claims of who you are and what your life represents.

When you tell or teach someone a higher Truth, the lesson may appeal to their mind. But if you embody your own teaching and offer them the fruits of your attainment, you will appeal to their heart. Be an example, not a teacher.

Currently, most people's thoughts are disorganized, erratic, and contradictory – swayed by the unpredictable and wholly unreliable moods and attitudes of the individual. The Adept among you have organized their thoughts and therefore have mastered their emotive output. Thus, their ideals and their will become synchronized and the immediacy of the fulfillment of their will upon the spiritual, mental, and material plane becomes predictably realized in solid form.

When you become aware of your automatic (i.e. subconscious) thoughts and reactive emotive patterns, you recognize the depth of the grooves (i.e. neural pathways) you've created and reinforced up to this point in your life. These neural pathways then become your

baseline, natural states of mind and emotion. Through conscious practices, you can create new neural pathways and delete old ones, thus changing your conditioned baseline natural states and therefore change your most steady vibratory output. This is how you build a new baseline within these inner realms in order to beget a new baseline in experiential life. This is how all progress is made in life, whether or not the process is understood by the practitioner.

The initial direction, and the direction throughout the majority of the initiation process towards becoming The Adept, is inward. Only after becoming Aware of the realms of one's own consciousness, sub-consciousness, automatic habits and reflexive emotional states, can one delete their historical conditioning and dislodge their mind and body of automatic electro-chemical impulses. Only after this occurs does one become fit for universal service, limitless creatorship, Divine embodiment, or whatever this one, now referred to as The Adept, so chooses.

When you let go of your demands for proof of anything and instead demand only the Truth, in whatever form it may take, you begin to see reality for what it really is and how it really works. When your most pressing goal in life is to discover the Singular, Ultimate reality, the illusions

of separation, suffering, suppression and limitation begin to fade and you begin to realize YOU are the determiner of your reality via your chosen concepts of Self.

Do you want to know the ultimate shortcut to transmuting the reality you see before you into higher realms of realization? Accept whole-heartedly that all potentialities exist now, in this present, infinite moment and that it is only your limited belief that governs which versions you are capable of tapping into and experiencing as your lived reality. You need not know anything but this to harness the power of transmutation.

Your ideas and beliefs you hold about yourself are the themes you will encounter. Be mindful of your projections both inward and outward – for they will be reflected back to you in your lived experience.

The difference between the average creator and the Adept, is the Adept intentionally polarize their mental attitude on a specific subject and remain steady within that polarized mental realm indefinitely; thereby shifting the baseline experience of the subject. Conversely, the

average creator, upon attaining a higher mental attitude will eventually be swayed back toward the baseline condition, and often yet further in the opposite direction due to the natural ebbs, flows, and rhythms of moods and feelings. This trend back toward baseline is due to the average creator losing conviction over time and looking externally for confirmation of their newfound state and finding none. Do not seek external validation for the things you are attempting to change; instead remain mentally steadfast. **You are activity of the One creator.** For every action there is an equal and opposite reaction. However, physical laws loosen their grip as you delve further into the subtler laws of mental energy and consciousness.

To heal is to correct false perception.

The nature of reality is consciousness looking at and molding itself. Your place in this is part of the whole, peering from an agreed-to set of perspectives. You choose which perspective lens to look through via your most practiced beliefs. This in-turn informs your state-of-being, and therefore your manifested perspective and circumstance. **Change the place from which you look by changing the beliefs you hold. Conscious and subconscious beliefs are your only parameters.** To effectively change subconscious beliefs, you must first

become aware of them. The light of your Awareness will expand to all corners of your mind as you rest in the open vastness of silent meditation.

You believe consciousness is malleable but at the same time reject that your reality is malleable in the same way. Therein lies the source of your belief that you are a victim of the world and the circumstance it has placed you in.

The *substance* of all matter is mind.

Not everyone truly wants to become limitless. Most people are addicted to their underdog story and therefore remain suppressed under the weight of their own self-limiting ideals.

Claim your highest ideals through positive thought and affirmation even if you don't yet believe they can be yours. Meeting the concept of "where you are" with the concept of "who you are in your highest-ideal" will begin

to dissolve the middle ground. If anything is to change for you, *this* is your work!

If you realized your worth, not through your individual ego-identity, but in the inherent and fundamental Truth of your nature, the world would open up to you. Not only would you gain power of influence by your correct understanding of the conscious world, but you would begin to enter the harmonious reality that exists on the elevated octaves of the experiential dimensions.

What you perceive of as the highest ideal in human life is only the highest perspective you can achieve from your current perspective. All perspectives are expressions of a finite space within the vastness of infinite consciousness; therefore, all information and ideas are partial. Knowing this, the Adept do not cling to any perspective or ideal. Instead, they steer the ship of their own consciousness in the direction of wholeness and allow the physics of the universe to deliver the matching result.

Your dependency on your own personal history holds you back more than any external or societal force ever could.

To loosen the grip of this dependency, begin to look out into the world as a witness only. Like a ghost, hold on to nothing; and soon, your assumptions that you've accumulated throughout your personal history will loosen their grip on your present reality, and you will begin to transcend the previously known and accepted parameters. Rigid thought is the greatest limitation on your potential. Abiding in pure, unbiased and unidentified Awareness is the greatest antidote to limitation as it acts like a solvent, slowly dissolving the lens of rigid thought. Never be afraid to raise the bar beyond what is currently accepted as being possible. Be the change so that the world may come to know a higher paradigm of existence. There is not one among you who has a greater or lesser potential in the realm of consciousness – for it is merely a matter of attunement.

Every imagined reality lived in the NOW, is like a seed planted which will, in time, blossom and yield proof of its planting. Recognize the power of NOW and sow the seeds of your desire. Things once imagined often sprout later in life, without you even realizing or remembering their causal origin. These events will enter your life in a way that is believable to you. Your beliefs reflect your state of resonance.

Embody your desired state. **The work of The Adept is entirely internal.** If you wish to be wealthy, carry yourself internally as being wealthy. If you wish to be in good health, carry yourself internally as being already healthy. This is the process with which you accomplish ALL of your desires. This is how reality works.

Energetic exchange is exact and predictable. But the practice of The Adept is both an art and a science; a science in the understanding of cause and effect, and an art in adapting to the mystery of that which lies just beyond the knowable. As your Awareness inevitably expands further into the subtle realms of existence, you will become well acquainted and comfortable with the unknown – for however much understanding you gain, there is always an infinite depth to that which is not yet known. Get comfortable with this, for it will always be so. **The Adept seeks only to master himself and thereby understand the understandable and controls the controllable.** All else may be felt, but never fully known; seen, but never described; heard, but never communicated. This great mystery is both a lover and a friend of The Adept. Where science dead-ends, art extends. The mystery is often expressed through paradox. The Adept knows this well and has no qualms.

Life and thought are motionless without the electricity of passion, will-power, and focused emotion.

What follows is a blueprint for creation intended only for those who have attained inner balance and equilibrium within the all-abiding peace that exists in the heart-center of The Adept.

To summon enough creative energy to effect manifestation you must cease spending it on the past and future and **invest all available creative energy in the present moment through your attention on the here and now.** When you focus all your attention upon the here and now, your creative power returns to you where you are.

Now, condense this energy yet further by bringing all attention into your body and becoming aware only of internal body sensation - not your internal mind and thoughts about the sensations - but the energetic movements and body sensations. If you wish, do this now.[4] [Please consider your intensions fully before proceeding further with the following exercise]:

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[4] As emphasized in the foreword of this book, it is at the author's urging that powerful exercises such at this be used only for the good of all rather than selfish means which may bring about karmic and energetic consequences if used improperly or with impure intent.

Visualize all this energy that you have summoned into your body system further condensing into your heart-space[5]. This space is where your will-power lives. Now that all creative power and energy is condensed like a ball of vibrant light at the core of your being, hold a focused thought in your mind. Now, bring the ball of light up from your heart-space, spiraling up through your throat and into your brain, where your focused thought is being held and visualize the forces of intellect and will combining at this location. Watch as your thought becomes illumined as if it were a golden-white light bursting through every particle and atom comprised in its creation. Hold this unification of thought and will in your mind for at least ten whole seconds. Then, let it release and dissipate naturally. Know now that the energetic work is done, and watch for the hints in the manifest world of your creation. As long as your creation isn't nullified by disbelief or countering energetic holdings, you will be met by your creation in the material realm.

Not all creation is achieved through intensity. It is more important to be concise and focused than it is to summon intense energies. When used improperly, or by those who have not yet mastered their inner realms, summoning intense energy for creative purposes can lead to inner and outer chaos within one's body, mind

[5] Your heart-space is at the same height as your physical heart, but located at the exact center of your chest rather than just off to the side.

and life. It is wise to recognize your own level of mental mastery. An effective and safe method for creating and receiving a desired manifestation is to observe a focused personal desire in your mind with child-like innocence and belief. Through innocent belief, one may forego the analytical and rational mind and easily slip into vibrational accord with the desired result. This is the recommended method of creation for all who are not yet baptized in the stillness and peaceful nature of the heart (i.e. The Adept).

Ultimate Truth is timeless. However, your limited perspective is timebound *by design*. Shifting up and down the scale between what is timeless and what is timebound is accomplished via mental attunement. Your mind is the dial with which you may shift frequencies – much like a radio dial changes stations, resulting in a different manifestation. Likewise, you may tune to frequencies as subtle as ether and as solid as physical reality via your mental faculties of focused visualization, supported by your emotive faculties of excitement and confident expectation. Creative power becomes increasingly available to those who tune their minds to the subtler, more etheric realms of influence. The etheric governs and brings about the physical.

The Adept forego all external dependencies and instead insert themselves within the mind-state of a desired result and maintains focus in an almost single-pointed fashion within that end result - and thereby achieves a similar rate of vibration to the resonant nature of the goal. The Adept has therefore achieved co-resonance with this result such that their vibrational equilibrium has been shifted to the desired plane of existence. This method requires bullish assertion to the point of *knowing* or *assuming* despite potential evidence to the contrary. This method not only lifts The Adept to the level of goal's attainment, but also lifts the surrounding environment.

A great artist produces what they feel, not what they know. A great artist is fully present within the process of creation as it unfolds and therefore become a conduit for true, unfiltered expression.

Although thought is creative and directive, emotion is the actual attracting force. When a focused thought is tethered to a concise emotion, you are energizing and attracting that subject matter to you. The object of your thought will then enter your experience of reality in a reflective manner such that whatever emotion you have laced into the subject - the *experience* of the manifestation will mirror that.

Your prayers are always answered. The only thing prohibiting certain prayers from being answered within your Awareness is your limited perception. God takes no sides, so prayers from a personal perspective or a viewpoint not aligned with wholeness, may be answered in a way not visible from a narrower lens. Broaden your Awareness and watch as all prayers are answered.

You are like soil. What grows in your soil is determined by the nature (i.e. composition) of the soil. As a gardener would alter the pH or nutrients within the soil in order to encourage certain plants to grow. The Adept make conscious changes to their mental and emotional (i.e. vibrational) nature, thereby dictating what grows within their experience of life.

The state of being in which you find your vibrational baseline will determine your quality of life – which is experienced and expressed both inwardly and outwardly.

Adopt the perspective that you own nothing and that everything belongs to the Supreme source of All – call it

whatever you want. Think of that which you desire as being expressed *through* you instead of *by* you. These distinctions may seem trivial to a mind not yet versed in conscious creation, but to The Adept, these subtleties hold the key to mastery. By thinking in terms of the mind/body as a conduit of creation rather than the source of creation, you begin to think and act within the natural flow of creation – becoming an active participant in an ever–evolving game of tuning, expressing, and re–tuning. This attitude of "owning nothing" frees you from being owned by your "things". Furthermore, it allows the gears of creation to run smoothly through you as you accept that which comes to and through you as the world delivers to you that which you are most consistently in vibrational alignment with on every subject activated within you. In order to receive what you wish, accept graciously that which you get, and begin to refine your vibrational attitude from there – never forgetting the key – that all flows *through* you, not *to* you.

Energy is neither created nor destroyed. Nothing in creation – either in the physical world or the mental one, is ever destroyed. All is transformed and transmuted. Don't ignore anything that you wish to change. If something is not to your liking, hold the space for the knowing of that thing in a higher way. This may be accomplished by expanding the definitions you hold or by viewing that thing from a larger frame of reference. In this act, the thing being viewed will seem to be transformed *by your vision* in osmotic fashion. In reality,

you are shifting your focal point of consciousness into a slightly different dimension in which the object of your attention exists slightly different in nature than it did in the previously experienced dimension. These slight shifts in consciousness are constantly occurring and are the cause of your experience of time.

Instead of thinking of yourself as a person in a particular set of life circumstances, think of yourself as *in* a particular set of mental states. You must work *in* the mental realms before your experience of the physical world can shit into a new manifestation. The sentiment: "as above, so below" reflects this knowledge. Behind every event is a cause. Every "cause" that has any sort of influence on your life originates in the realm of consciousness – *your* consciousness.

You think you live in a world, in a city, in a house, in a family, in a body. But really, you live only within your current state of consciousness as dictated by your prior assumptions and imaginings. To not know this is to experience life as a captive. To *know* this is to realize that to be whole and free, you must dwell only within the perfectly pure presence of Awareness. To *do* this is to dwell in the house of God – your One, True place of infinite residence.

Look around at your current surroundings and finally admit that everything you see around you, whether you like it or not and whether or not you agree with it, is in vibrational accord to some level of your current state of being. If you disagree with a certain aspect of your surroundings, ask what within you is it a reflection of – and then amend the source of the reflection to better suit your preference (i.e. change your attitude and outlook on the subject). Everything you are met with in your experience of reality is there for a purpose; all of which must eventually be accepted as an aspect of your being (i.e. embodiment) if you are to expand beyond the experience of duality. *The purpose* is to expand your individual sense of Awareness into an all-inclusive Oneness of being. The end-result being Self-realization and the knowledge of God as One Self – *of* which *YOU ARE* and *ALL THINGS AND BEINGS ARE!* Until this end-point is realized, however, it would greatly accelerate your realization if you were to acknowledge all experiences as lessons being delivered to you personally by your higher self to serve as a mirror for you to look at, acknowledge, and bring into a higher agreement via your all-inclusive knowledge of One.

Understand that the essence of everything you see is representative of a belief you hold either consciously or subconsciously. Only once you recognize this as true,

are you then capable of transforming and transmuting the level of energy that those things represent into a higher knowing, and thus change their expression on the manifest plane that you know as your “life experience”.

To be effective you must be accurate. Sustained mental and emotional focus is key to summoning creative potency.

Your life is an objectification of your conscious and subconscious states. Your world is a literal mirror reflecting your inner reality. Change your inner reality and watch the reflection change.

The entire world you see before you was created as a training ground for godhood. Here, you can create anything you want. You contain within you the spark of the Original Creator and hold the same power to create as you wish upon this plane. The methods are clear. What remains unclear is how many lifetimes you will endure upon this plane before you master your abilities – upon which, you graduate from this course in creation. Be focused in your deliberate creation and in-time, you will have no more doubts. Become proficient in your

practice and hatch into the next stage of your ever-expanding godhood. The graduate of this course is The Adept.

The concept of polarization is key to mastery. All subjects exist *within* consciousness in their whole and complete form. Rich and poor are mere polarizations upon the one subject of wealth. Health and sickness are polarizations upon the one subject of vitality. An infinite degree of polarizations exist *within* each subject which accounts for the infinite degrees of experiential realities you observe being lived and experienced around you. Consciously polarize yourself to the degree of being you wish to experience by attuning your concept of Self to that desired degree of realization upon every subject you wish to change, influence, or maintain. This is the ongoing work of The Adept.

The one and ONLY thing keeping you from the fulfillment of your wish in solid form is your present state of consciousness – *your present moment concept of Self*.

To commune with your subconscious is akin to communing directly with what you may term your "higher

self" or more accurately termed: your "expanded self". The subconscious retains every though and idea your conscious self has ever spawned. Therefore, your subconscious retains a wider, more expanded version of "you". When you are in a meditative state or near to the sleep-state with minimal mental noise, you have the opportunity to commune directly with your higher (i.e. expanded) self.

The world and your experience of it have a common source within the Ultimate Self. **Familiarize yourself with your True Nature – the *source* and illuminating factor of consciousness – and you will sow seeds whose fruits will be experiences and expressions of the highest order.** Others will be shown the way through you. These are the methods and life path of The Adept.

When you perceive of anything in the material world, see it as the single substance out of which it is made: consciousness. When you begin to observe your world through this more inclusive, subtle lens, you begin to understand the fundamental connection of all things as well as your power of influence within all situations and circumstances.

See all things you enjoy as aspects and expressions of YOU – that way, you begin to co-resonate with your highest ideals. Accept them and assume them personally, and their representative forms will enter further into your personal life experience.

The distance between you and the attainment of that which you desire is no greater that the width of your beliefs that are magnetically opposed to the energetic nature of the object of your desire.

All you will ever encounter in your life are reflections of the concepts and beliefs you hold of yourself. This concept is molded by your own free will to decide and discern who you believe yourself to be. You are free to conceive of disease through beliefs in limitation, separation, and suffering. You are free to conceive of prosperity through beliefs in the limitless abundance. You are never judged for your choices. The field of consciousness from which you are able to choose is infinite and therefore all possibilities already exist. All potentialities have equal right in existence. As a node of focus for infinite consciousness, you are capable of manifesting anything. There are no exceptions.

You cannot receive anything unless the place in in your heart[6] has been prepared.

There exists no power outside of your own consciousness that can determine your quality of life. All blessings you encounter are sewn by you. All damnation and suffering you encounter are sewn by you. You must accept this responsibility if you are to gain power over your life and consciousness.

The Adept recognize creation as complete and whole. The only question is whether or not a certain thing exists within the subsect of reality to which you are currently attuned. Your Awareness will tell you whether or not a certain thing has the potential to exist within your current reality. If you can consciously conceive of it, then you can experience it. It then becomes only a matter of personal attunement – tuning your concept of Self within your own consciousness.

[6] Here, the term "heart" refers to your core belief that you are either worthy or unworthy of that which you desire.

Perception creates reality by dictating your experience within infinite consciousness which dictates your position within the world. Therefore, the work of the Adept is to master their own perception and focus it in desired pathways.

Your life experience most closely mirrors how you habitually think of yourself. Let this be your first goal: to raise your concept of yourself to the highest decree.

Your body resides within your field of consciousness. All health, sickness, disease and vitality enter into your body from this field of consciousness. What are the qualities that reside in the field that you are currently holding your body within? This field is like a marinade which will ultimately determine the expression of your mental and bodily vessels.

Anything you identify with, you may come to experience via your power of attention. All ideas rise and fall *within* your attention. Therefore, attention is primary and is fundamental to experience. Your attention is the

electricity with which you animate your reality. This is where all your power emits from. Guide your attention deliberately. Little can be accomplished with scattered attention. Focused attention is the tool of the Adept.

Session 3

I Am:

Truth, Claims and Invocation

[PICTURE]

The statement: "I Am" holds the entire power of the creator – and it is yours to create as you wish. Every time you use these words, become mindful of what you are ascribing to yourself and therefore creating for yourself. In time, you will learn to treat these words as holy words. God's name is "I Am". This is what was meant when Jesus taught not to use the name of the lord in vain. Use these words as purely and honestly and with the highest ideals you can muster. Use these words to create exactly what you wish to see – for "I Am" is the name of the One infinite creator – whose being you share in here and now.

The concept "I Am" is your selector tool with which you may choose any experience from the infinite and inexhaustible pool of potentiality that exists as the whole of consciousness.

Your state of being is a compilation of your conscious and subconscious assumptions that you have about yourself. If you wish to change your state of being, first become conscious of all assumptions you hold about yourself and change them to fit your preference. Proclaim "I Am ____", and fill in that blank with everything you desire until you assume it to be true about yourself. Then let it go. Every creation has its incubation period. The seed of a fig may take several months to germinate. A human embryo takes nine months to be birthed into the world. If the seed is properly planted by these means, rest assured that the work is done and that when the season is right, it will come to fruition in solid form. This is the process of creation.

Your present environment is a reflection of your compiled assumptions you hold within your "I Am consciousness".

The claim "I Am", is always available to you, and has the power to hold a space for you that exists outside of your linear history, conditioning, and previously practiced modes of being. **Use this claim "I Am _____", to begin to acclimate to the feeling-place of your desire.** For example, "I Am free of feeling like I have to convince

anyone else of my worth" may or may not be true in this moment for you. But if practiced, not as a mere mental chant, but used more as a method of attitudinal attunement, your being within consciousness will begin to resonate sympathetically to the claim and begin the transformation process. Watch then, each time your inner and outer worlds confirm this to now be true of you. Claims such as this have immense transformative effects when used in earnest, with patience and faith that because it is now so in your "I Am consciousness", it will soon be so in form.

The world and your experience of it have a common source within the Oneness of the True Self. Familiarize your "small self" (the personal mind and attitude) with your True Self (impersonal Awareness) and you will begin to observe your life from a higher, more expansive perspective. As you practice this depersonalized perspective, you will increasingly find yourself effortlessly walking through life with a greater sense of freedom. You will discover that things align themselves and happen by divine orchestration rather than a result of struggle and effort. You will see everything as fluid aspect of ongoing creation rather than a hardened, unchanging fact. You will begin to create out of joy rather than necessity. Such is the life of an Adept.

When you say “I am God”, you worship your false sense of self – your ego. When you say “God is me”, you dissolve back into your Godhood. The key is ego-lessness. **Ego locks you into a finite reality via identification with a particular perspective and confines the observer to qualities that are lesser than the Truth of your limitless nature.** Focusing your attention beyond your own, limited ego affords you the opportunity to choose from the infinite field of consciousness, rather than the finite reflections of your conditioned identity.

Your *attention* is the directive force of the “I Am” presence.

On every subject that exists within your Awareness, you are either holding “I have/I *Am*” OR “I want/I Am *not*” as your relationship to that subject. Your subjective experience of life will then reflect that relationship back to you – it is physical law.

Your consciousness is the source of all abundance. Abundance, wealth, prosperity, vitality, are all names and forms that reflect the recognition that one’s True nature is limitless.

If you wish, embody the following claim:

The Truth of my being is limitless. Within my limitless nature, I choose to claim the highest ideals I can imagine: absolute freedom, endless joy, and unconditional love. I claim this not only for myself, but for all beings. For I recognize my being and all other beings as reflections of the same infinite source of existence.

You are the simple presence of pure Awareness witnessing a point in consciousness. Consciousness, being ever-creative, has projected a sense of an external world that Awareness, being the very source of consciousness, is inherent within as the fundamental background (i.e. witness). **The perspectives available to you within consciousness are infinite.** Your embodiment of a perspective is how you will experience your version or slice of reality. Whether your perspective is very small or very large, your Truth is the same – Ultimately, you are the fundamental pure light of awareness that is present in all of consciousness, in all perspectives, and in all experiences. **Your shared nature with all of existence is "I AM". Those whom have the ears to hear this, are the Adept among you. The Adept are not birthed outright – but come to mastery through steady practice. This book highlights the necessary attunements.**

If you wish, embody the following claim:

I will never again agree to be fearful. I Am that which gives power to emotion. Regardless of external circumstance, I know who I Am:

I Am the fundamental background of all experience.

I Am the Awareness that makes all knowing possible.

I Am the presence what makes all experience possible.

To be in fear is to deny my inherent nature as the source of all. I Am an embodiment of the formless Ultimate and Absolute.

Fear is a result of you forgetting your nature as the one who gives belief and power to experience. Decide to no longer give your power of attention to fearful beliefs. In Truth, all beliefs arise within your Awareness and require your approval (via your conscious or subconscious belief) to gain hold of your experience. Without your approval, beliefs hold no power over you. Only approve that which you seek to create. You are the electricity which gives power to belief.

"I Am" is the only power of influence in your body, mind, life, and world. Realize that there is no power outside your "I Am" proclamations to impart or influence your presence within a given version of reality. **You call forth from the infinite "I Am-presence", everything you encounter in life and consciousness.**

If you wish, embody the following claim:

I Am the projector of all that appears. What appears only reflects my state of consciousness. ***I Am the source from which the world is projected.*** *This reflection reports to its single cause – my own being. As the cause, I am not swayed by my reflection. I am what I believe myself to be. I experience only my level of attunement.* ***My reality is only a reflection of my inner being. The consciousness that I Am is the only molder of my being.***

Your imagination may birth a new concept for you, but it alone does not have the power to manifest anything in your reality. **The *feeling* "I Am" is that power. Therefore, feel your way into the feeling-place of the new, intended version of reality through your use of "I Am". Watch as the world aligns itself to your earnestly-felt state of "I Am" on every subject of life you consciously influence with this *feeling power* of "I Am".**

The world arranges itself around your “I Am” concepts. “I Am” is the infinite source of all existence. You are a focal point within that infinite “I Am”, calling life events and circumstances into existence via your concept of yourself.

You are much more than this conscious identity you currently perceive as yourself. You have spectrums of identity which await your realization. Cultivating an unconditional attitude of self-acceptance, regardless of societal or cultural acceptance will actuate these yet unrealized attributes and allow a more expansive version of you to flow forth through you and into the world.

The physical reality you know of as “your life” is only a condensation of your conscious and subconscious claims within the infinite “I Am”.

Currently, your sense, “I Am”, is in vibrational accord with everything you see before you. You can raise your

vibration by consciously choosing to view what you see in a higher, more expanded level of Awareness. As you view a category of your own existence through the lens of a higher (i.e. more desirable) perspective, the field of resonance that you encounter begins to shift. Versions of reality that you once encountered are no longer in vibrational accord with your new state, and therefore, begin to evaporate out of your life experience. New possibilities and opportunities begin to condense around you to reflect a new version of reality that is consistent with your new "I Am" embodiment (i.e. your newly adopted, higher perspective). There is no magic here. Everything you see exists within a particular light spectrum. Everything you hear exists within a particular sound spectrum. **This is true for all your senses – but especially your sense of consciousness (i.e. your sense "I Am"). The Adept focus their energy upon this primary sense alone, for it is the fundamental lens through which your life and existence have its being.**

Instead of accepting yourself as a bundle of societal conditioning, understand your power as the wielder of consciousness, understanding it is the primary creative force within the universe, and BE the one you wish to be. What is there to stop you but your mind itself? If there is a roadblock to your realization, know that your mind also created the roadblock. The famous axiom: "if there's a will, there's a way" is parallel to "if you can imagine it, you can have it".

By your assumption that your ideal is already your present reality, you merge your "I Am" embodiment with that version of reality that already exists elsewhere within the infinite spectrum of consciousness. This will be closely followed by the condensation (i.e. physical manifestation) of the envisioned reality.

Physical manifestation follows the order of consciousness in the exact way precipitation follows the order of atmospheric conditions. Tangible results are simply the condensation of assumptions you hold within your "I Am" presence.

God is your "I Am-presence" in form... and so it is everything and everyone else. The Adept naturally become saintly, because it is the development of this understanding that creates the conditions necessary for the concept of Oneness to become manifest through their consciousness. Oneness of self and all are preconditions for instant manifestation.

Become mentally attuned for focused and self-directed thought. Become emotionally tuned for focused and self-directed feeling. Become vibrationally tuned for focused resonance. Realize your fundamental "I Am-presence" is the One and only determiner of your life's existence. You alone decide. In your present human condition, you cannot control the happenings of the world, but you can control your consciousness. This is where your power to determine your own destiny resides. Focus your attention upon your consciousness alone and you will come to realize the world as secondary to that primary, fundamental and essential power.

Come to understand that your self-limiting beliefs that perhaps once gave you a sense of identity really only served to confine and limit the full embodied expression of your True nature. Today, choose to become liberated from your own self-limiting beliefs, thoughts and ideas. Choose to no longer judge or inhibit yourself or your desires. Embrace who you are in this moment and in-so-doing, you open the door to the inflow/outflow of your unfettered experience and expression of the inspired life you came forth to create. Your higher-self communicates via inspiration and delivers to a mind which is in focused allowance of one's own nature. Outside of this mental condition, inspiration comes only from the world and is therefore not truly creative. True

creativity arrives from the abyss of the non-yet-created (i.e. the Absolute[7]).

If you wish, embody the following claim:

I Am worthy of the Ultimate Truth – that which governs nature and reality. The world is worthy of this Truth as well. It is my right, within the free will of the Absolute, to claim my True Nature and in-so-doing, bring heaven unto earth. May I abandon my personal ego and allow only the Ultimate Truth of my existence to persist and thereby be an unconditional blessing to all I see by my knowing and claiming of it as an aspect of the divine creator, manifest in creation.

Om/Amen

The emotional vibration of "desire" and "want" are much different than that of your "I Am" assumptions. The emotional vibration of "desire" and "want" are laced with the vibration of "lack" and "not yet", whereas the emotional vibration of an "I Am" assumption carries a completed, present-moment proclamation.

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[7] See the book "The Absolute: Enlightenment and Ultimate Freedom" for more.

If you wish, embody the following claim:

I'm at a point in my life where I'm okay with people saying and thinking anything they want about me. I know who and what I am and have come to trust the Truth in my heart. I no longer need external validation. I no longer seek the approval of others. I wish this freedom for everyone.

Within your present-mind, location that which pervades all layers of consciousness and you will find God experiencing your life *as you*. Realize your True nature as the ever-present, formless witness of all that appears. Before anything ever appeared, God (or whatever identity-less name-sake you prefer) existed as Awareness. After all appearances fade into non-existence, God will remain as the formless witness. Awareness, independent of all form, is available to you *NOW*, in this present moment. Furthermore, this formless Awareness is the Ultimate Truth of your nature. Embrace this space of silent calm within you. As you do, you claim your True place in Ultimate Freedom.

You have called unto yourself, everything that exists within your Awareness in this moment and in every moment of your being. You are the orchestrator of your life through your conscious manipulation of your *relationship* to everything that enters your Awareness. This is your power, opportunity, and responsibility if you are to become Adept at conscious creation.

You are the single cause – the source of your own experience. **There is no force that exists outside of your own consciousness that has any power to influence your experience except through your own participation.** Though you may become Aware of a myriad of things which you may feel obligated to tend to, you need not become involved. By becoming energetically involved, you enter into participatory agreement with the realm of reality within which certain subjects have their being. **You are responsible for your realm of being only; furthermore, you cannot create within anyone else's realm without their own energetic participation.**

What state are you entertaining *right now* – the state of "*I Am*...", or state of "*I want...*". Check in with yourself and ask this regularly. Whenever you feel you are either still in the "*I want...*" state (the state of the desire not yet fulfilled), shift into the state of the desire *ALREADY* fulfilled (i.e. "*I Am*...").

Walk with inner conviction that your desire is your present, tangible reality. Feel the fullness of it until your knowing is more certain than the external world reports. When your inner conviction outshines your belief in what the world presently reports, the reflection of your inner reality will reflect off the surface of the world to confirm your attunement in physical reality.

There is nothing wrong with enjoying and mastering creation. If it were wrong, the keys to mastery would not be given here. **The limiting factor in your enjoyment and mastery over creation is your identification with it. The ultimate key to both self-mastery and the mastery of creation is the "I Am".** To clear your I Am of all identification, all ego, and all attachments sets you free to create and enjoy creation from the position of the infinite God-Self. **Wipe your I Am clean and witness the perfection of your pure presence along with the harmonic dance of creation, destruction, life and death. The pure I Am that you are is the untethered cause and witness to all forces and moments within the whole of creation.**

The essence from which your consciousness arises is the source of bliss that, until now, you likely sought in

external objects and relationships. Upon successful attainment of an object of bliss, recognize that the bliss is a result of your polarized-positive reaction that arises from within you. Therefore, discard the illusory broker of bliss and turn inward to discover its eternal well-spring.

Session 4

Transcendence and Transmutation

[PICTURE]

The highest concept you can conceive of yourself *already exists* and is available for your embodiment *NOW*, through your total acceptance of *that* as your present reality. Once you have become that version within your basal conscious state, you will be able to conceive of even higher, more expansive concepts of who and what you really are. **Life is an ever-expanding game of Self-acceptance and Self-actualization. Eventually, you will transcend both of these concepts and focus only on Self-realization.** Up to this point, The Adept will focus on transmutation of his own consciousness. Once mastered (if mastery of the physical realm[8] is desired), transcendence will then become your only goal. Transcendence is the path to Self-realization.

[8] Consciousness and the physical realm are synonymous; for as soon as consciousness arises, the physical realm is inevitably established as its inseperable embodiment.

The Adept, knowing all things are expressions of God [i.e. The One, True, unified Self], welcomes all experiences and outcomes while judging none. There is no push or pull, strain or effort, attraction or aversion when everything is recognized as extensions of this One, whole, and holy source of all creation. Looking through these eyes, all one experiences is peace, harmony, balance, love and joy of existence itself.

Instead of being the culmination of all of your historical conditioning, agree to erase it all. **Drop all of your baggage now, in this present moment, and claim the Ultimate Truth of who you are as *unbound Awareness*.** Your Ultimate nature is not tied to any assumed identity – but instead exists as the True Self whose nature is limitless, boundless, pure and centered as only the *One* who is aware. **The pure consciousness that you are is the substratum of all existence.** This is Oneness (i.e. non-duality).

If you wish, embody the following claim:

I was created in the likeness of the One, Ultimate Creator. As God is free, I too am free. I was once bound by my ignorance, but now that my True nature has dawned upon me, I have broken free from my own false projections of limitation. I am free to be as I Am

and I am free to create as I will. Free will is my inherent power to summon effect – for I know my being is the fundamental cause.

The idea that you are limited in your experience and expression is an idea you have manifested over and over again, lifetime after lifetime. Become determined to end the charade now, in this lifetime so that the illusion of separation may finally be seen through. At some point, the illusion of separation will become so transparent that your life experience will no longer conform to the old patterning and your experience and expression will be born anew, in harmony with the Truth of your divine nature. When the illusion of separation evaporates from your mind, you will experience the kingdom of heaven on earth and you will realize earth as the Eden[9] it once was.

All perspectives are available to you to choose from and claim. As your fundamental nature is the source of all existence, so is its potentiality for expression in form.

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[9] This is in reference to the biblical garden of Eden, where man once walked in harmony with all – before the illusion of separation was ever conceived, adopted, and now pervasively assumed in your current version of reality.

To understand your encounters and experiences in life in accord with Truth is to lift the realization of it, and in-so-doing, you align it to its highest form of expression. This is not a teaching in transformation, but in transmutation.

The highest perspective is to realize the inherent divinity of all things, in all levels of expression. Good and evil are perspectives of the limited mind. God and the devil are polarized perspectives within the singularity of the pure consciousness *that* you are. To claim this perspective is to claim the Truth. This is the perspective of a realized being. The expressions of a realized being within the manifest world are love, peace, freedom, boundless creativity, a life that flows in harmony and a manifest world that is naturally supportive.

You may assume the Absolute perspective as the formless, identity-less, unattached witness of all appearances and thereby remain in the body-less position of your True, undivided Self as you observe all life has to offer conspire in your favor without a drop of effort from your person-identity. This is your option should you continue along this path Absolute Self-discovery.

Although the Adept have attained full control over their mental output, they recognize the work of God (i.e. intelligent infinity) will forever remain a mystery. To live confidently within that mystery is to be in harmony with God while still physically (or consciously) present. There is no understanding to be had of the Absolute – just acceptance of its existence within you, as you. When Jesus said, "thy will be done", it was a demonstration of his direct relationship with God. This act results in the offering of one's body-mind-complex to act as a channel for the Absolute. This use of free-will is the most powerful act of the Adept. It is a demonstration of the living Truth – that All are One with God. The offering of one's free-will to intelligent infinity allows for the Ultimate manifestation of harmony to flow through your conscious being and out into the world. One can only make such a demonstration if they understand the Truth within. This is Self-realization. This is the act of bringing heaven to earth which requires full faith in the Absolute.

Be True in your heart, pure in your intent, loving in your wish, and giving in nature. These are the qualities of the realized being. Adopt this way of being until divine grace establishes a firm hold of your conscious presence, and a movement within you begins to grow. The hard exterior will begin to crack and you will begin to expand into this Divine Awareness that you are God in form… and so is everything and everybody else. Viewed from this level of

Awareness, all of creation is *of* you; for there is nothing besides you. For the one who understands this outside of the ego, awakening is dawning.

In reality, you can only ever encounter more of yourself. Understanding this to its fullest extent, fear no longer enters your experience. In order to transcend a given experience, you must acknowledge it as an aspect of your all-encompassing nature. This is an act of forgiveness, an act of acceptance, an act that can only be made by one who has come to embody the living Truth of their God nature. You may see these encounters as a test of your attainment and realization of the Absolute.

In your spiritual path towards wholeness, you will become increasingly Aware of your infinite nature, and experience grander, more vast portions of it as your concept of Self expands towards the Ultimate Truth. This spiritual progression occurs at a rate which reflects your growing *acceptance* of who you are – and *who* you are is infinite presence-Awareness (i.e. pure consciousness).

If you could release all self-limiting beliefs, including what you think you want your life to look like, not only would you find joy and freedom in that release, but you would also find that what shows up in its place is the effortless blossoming of your True identity. Untethered to pre-planned specifics of the limited perspective that the mind has dreamt up, you become the embodiment of the One who realizes his nature as the source of all manifestation. This is Self-realization.

Not everyone truly desires freedom. Some have attached themselves so strongly to an idea of how they think their life should unfold, that they create disharmony within themselves and thus experience the reflected mental, emotional, and material disharmony. The mastery of mental creation, like all other processes, is a phase you must go through in order to understand, and claim into being, the creative power inherent to your nature. As these ideas are released by you, you expand into the realization that everything you were ever seeking was already an inherent aspect of your True nature and that all you ever really desired was to be your whole, complete, True Self; the result of which is total freedom. As you surrender your need to command manifestation from your seat in your ego-mind, higher (i.e. more expanded) levels of Awareness become available to you.

Know in your heart that, in Truth, there are only two responses to everything you encounter: either love or fear. Love is full acceptance of that which you are experiencing in each moment is of God. **Anything outside of full acceptance is not True love.** With this response, you transcend the experience, bringing your relationship to the subject out of illusion and into the light of Truth that is inherent wholeness. Fear is the full denial of the experience and therefore is the rejection of total wholeness. With this response, you hold the experience apart from you and therefore remain separated and incomplete. That rejected experience will then continue to manifest in different ways in your life until it is finally fully accepted by you as a valid aspect of the One. **This is the purpose and process of life; the end-goal of which is the experience of total wholeness - the divine experience of God, *as* God.**

This life is for the realization of total freedom. Reject all that is time-bound and subject to change through time as illusory. **There is no problem playing in the world and enjoying your interaction with the play of the illusion, as long as you know yourself as Ultimately free of its conditions and influence.** The Adept is not one who sits alone in a cave and meditates endlessly. Only one who is still liable to become entangled in the world's dramas must sit aside. **The Adept views the world as a creation of consciousness, and knowing him/her-self to be the divine spark of Self-Aware-consciousness, plays with it as their own creation. The Adept, no matter how**

entangled they may *appear and act*, is forever seated unmoved and unaffected within the core of their being *as* pure consciousness.

Whether you are perceiving something you like or dislike, say unto it: "this too is God". By your recognition of the Ultimate nature of all form and expression, you will bring peace, harmony and realization into your being and unto earth.

Because you *are* consciousness, nothing can ever impinge upon your freedom except through the mode of your chosen and accepted *state* of consciousness. To abide within stateless, pure-consciousness is unconditional freedom, regardless of physical circumstance. Physical circumstance is always secondary to consciousness. Just as the mind creates the body, consciousness creates the world. Focus on the primary principals of your life and you will discover this freedom as inherent, independent of condition.

Upon realizing your True relationship with all things, you become all-powerful. There is never a worry that at this point, you could ever abuse this power, because inherent within this embodiment is the recognition of Oneness.

After disbanding the false belief in separation, you finally see that there could be no separate subject (i.e. recipient) that is not an also an aspect of you. The perception of doing harm to "others" is seen as immediate harm of self; therefore, harm is non-existent and harmony is the only movement.

The first movement outside of pure Awareness was the first creation: consciousness. This movement created a relationship between *what was* and *what is*. Whatever is created can never exist apart from *what was* because it can only ever be made of this single, original substance. Pure Awareness will forever be this single substance. Everything that has ever existed or will ever exist is made of this single substance. When you return your consciousness to this single substance of pure Awareness, you return to your original, infinite nature. This act is what has been termed Self-realization, or enlightenment. This is not an act of creation, but rather, an act of remembrance of your fundamental and primary Self.

Wholeness of being has always and will always be your single goal - your single reason for existence. The lifetime in which you consciously realize this, will be the lifetime in which you discover your True intent and purpose.

The method of transcendence is simple: accept all experiences the moment they arise as experiences of God. This requires pure, unconditional acceptance (i.e. presence-Awareness). In total and unconditional acceptance of all experience, you become an embodiment of the perfected wholeness of God. It is this place of complete wholeness that has been promised to you by the saints, sages, buddhas, and Christed ones as "the Promised Land", "the garden of Eden", "the Kingdom of Heaven", "Nirvana", Paradise", etc.

In one of your many lifetimes, you will realize that although you have an infinite ability to create and experience that which you desire, the creations of the manifest world can only bring temporary fulfillment and joy. Eventually, you will realize that you cannot create anything that satisfies your Ultimate desire, thereby ending all desire. Nothing within creation can offer you eternal peace or unending fulfillment. It is only upon arriving at this understanding that you finally realize that all creations born of the ego are illusory, or at the very least, unsatisfactory. It is only after you dethrone your ego as the primary creator of your reality that a more fundamental reality begins to dawn upon your Awareness. At this point, you have arrived at the gates of heaven – the doorway to Ultimate Freedom.

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If you wish to step through the doorway that leads from the realm in which you are the creator (i.e. the Adept), to the dimensionless all-pervading reality in which you are the Absolute, meditate upon the messages provided in the book: The Absolute: Enlightenment and Ultimate Freedom.

Dedication

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Letter to My Loved Ones:

If my mind fades, know that I am not my mind,

If my body dies, know that I am not my body,

When I am forgotten, know that I am not a memory,

What I Am has always been and will always be.

Whether you know it or not, our nature is the same. As such, I'll be with you always; ever-present and ever-available to those who meet me where I reside – the heart of the Infinite – the mind of God

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This book is comprised of claims and invocations of the realized-being, described herein as "The Adept". The power of the words written will become evident in your life to the degree of your earnest embodiment and practice of the truth they proclaim. They are intended to offer you the highest experience of life.

This book offers revelations, claims and attunements that, when practiced, become the catalyst to mastery over your human life experience.

Transcending personal conditioning, one taps into the creative potential as the pure and powerful "I Am-presence". You are implored to utilize the invocations presented in this book; may they serve you as you come to realize your inherent worth and power of self-actualization.

Wild Satsang

Sat-sang: "in the presence of Truth".

This book is available for free download at wildsatsang.org